

WEEK 1 MENU

CHOICE *One*

CHOICE *Two*

GRAB & GO OPTIONS

MON

Bangers and Mash
with Peas and Gravy

Plant Based Sausages ♻️
with Mash, Peas and Gravy

TUE

Chicken Masala Naan
with Crispy Spiced Potatoes
and Mint Yoghurt Dressing

Roasted Rainbow Vegetables ♻️❤️
with Flatbread Fingers, Carrot and
Coriander salad and Houmous

WED

BBQ Mandarin Pork ❤️🌿
with Vegetable Egg Fried Rice

Sweet Chilli Noodles ♻️

THUR

Sriracha Glazed Chicken Burger
with Chipotle Wedges and Sweetcorn

Plant Ball Marinara Melt ♻️
with Chipotle Wedges
and Sweetcorn

FRI

Fish and Chips
with Baked Beans and Peas

Vegan Sausage Roll ♻️
with Chips, Baked Beans and Peas

WEEKLY SPECIAL

• Indian Chickpea Salad ♻️ •

SALADS:

Tuna Sweetcorn Pasta Salad
Pesto Pasta Salad 🌿❤️

SANDWICHES/BAGUETTES:

Ham & Cheese Sandwich
Chicken, Lettuce & Mayo Sandwich
Cheese Sandwich
Ham Baguette
Cheese & Tomato Baguette

WRAPS:

Tuna Crunch Wrap 🌿
Pepper & Houmous Wrap ♻️ 🌿

HOT DISHES:

Paninis
Pasta & Sauces
Freshly Baked Pizza
Jacket Potato & Toppings

WEEK 2 MENU

CHOICE *One*

CHOICE *Two*

GRAB & GO OPTIONS

MON **Sloppy Joe Burger**
with Baked Garlic and Herb Wedges
and Sweetcorn

Vegetarian Cottage Pie ♻️ ❤️
with Sweetcorn, Peas and Gravy

TUE **Chicken Katsu** 🌿
with Wholegrain Rice and Peas

**Roasted Butternut Squash, Chickpea
and Broccoli Buddha Bowl** ♻️ ❤️ 🌿

WED **Honey Roasted Ham and Mash**
with Peas and Gravy

Macaroni Cheese ♻️ 🌿
with Pizza Pinwheel and Vegetables

THUR **Chicken Tikka Masala** 🌿 ❤️
with Wholegrain Rice, Mini Naan
and Sweetcorn

**Roasted Cauliflower and
Chickpea Korma** ♻️ ❤️ 🌿
with Wholegrain Rice, Mini Naan
and Sweetcorn

FRI **Crispy Chicken Burger**
with Chips, Baked Beans and Peas

Vegetarian Burrito ♻️ ❤️ 🌿
with Chips, Baked Beans and Peas

WEEKLY SPECIAL

• Moroccan Chicken Salad •

SALADS:

Tuna Sweetcorn Pasta Salad
Pesto Pasta Salad 🌿 ❤️

SANDWICHES/BAGUETTES:

Ham & Cheese Sandwich
Chicken, Lettuce & Mayo Sandwich
Cheese Sandwich
Ham Baguette
Cheese & Tomato Baguette

WRAPS:

Tuna Crunch Wrap 🌿
Pepper & Houmous Wrap ♻️ 🌿

HOT DISHES:

Paninis
Pasta & Sauces
Freshly Baked Pizza
Jacket Potato & Toppings

WEEK 3 MENU

CHOICE *One*

CHOICE *Two*

GRAB & GO OPTIONS

MON

BBQ Beef Meatballs 🌿❤️
with Wholemeal Pasta, Pizza Pinwheel
and Peas

Cauliflower Mac 'n' Cheese ♻️❤️🌿
with Pizza Pinwheel and Peas

TUE

Crispy Katsu Fish 🌿
with Wholegrain Rice and Peas

Vegetarian Chilli ♻️❤️🌿
with Wholegrain Rice and Peas

WED

Roast Chicken and Mash ❤️
with Peas and Gravy

Beetroot and Feta Burger ♻️
with Garlic and Herb Wedges
and Apple Slaw

THUR

Chicken Shawarma 🌿
with Mexican Yellow Rice and Peas

Chinese Vegetable Noodles ♻️❤️
with Peas

FRI

The Sausage Dog
with Chips, Baked Beans and Peas

The Veggie Dog ♻️
with Chips, Baked Beans and Peas

WEEKLY SPECIAL

- **Sweet Chilli Chicken Noodle Salad** •

SALADS:

Tuna Sweetcorn Pasta Salad
Pesto Pasta Salad 🌿❤️

SANDWICHES/BAGUETTES:

Ham & Cheese Sandwich
Chicken, Lettuce & Mayo Sandwich
Cheese Sandwich
Ham Baguette
Cheese & Tomato Baguette

WRAPS:

Tuna Crunch Wrap 🌿
Pepper & Houmous Wrap ♻️🌿

HOT DISHES:

Paninis
Pasta & Sauces
Freshly Baked Pizza
Jacket Potato & Toppings